



4 - Recalling the tsunami



6- Caring Kids

Brief Notes

Paving in February and March will be performed on the **Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.**

The loop passes in front of Bachelor Enlisted Housing (BEH) Bldg. 1604 and PW63. This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information regarding paving work.

Command Connections

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio.

USO Notes

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592 or DJ Stanhope at 090-3012-5867 for more details.

Sasebo Stitching Group meets second and fourth Fridays 6:30-8:30 p.m. at the Nimitz Park USO. Bring a project and join us, or help us produce a quilt for Women's History Month. Call DJ at 090-3012-5867 or Caren at 252-7310 for details.

Sasebo Scrapbook Group Meets the first Monday of the month from 10 a.m. - 2 p.m. and 5:30 - 9:30 p.m. Learn how to make your memories into a work of art! Supplies available for purchase or bring your own. Call DJ at 090-3012-5867 for location and details.

USO Charity Auction (in support of Women's History Month), Harbor View Club, Mar. 5. Tickets, \$5.

The **Navy/Marine Corps Relief Society** is seeking a volunteer receptionist and a volunteer caseworker. Child care and travel reimbursement provided. Contact Jessica Grant at 252-3366. or by E-mail at nmcrrs@cfas.navy.mil.

Weather

Sunday: Snow/windy
H 35° L 30°

Monday: Snow/windy
H 39° L 27°

DUI Counter:
61 days as of Feb. 17

Miami Dolphins Cheerleaders visit Sasebo



One of the Miami Dolphins Cheerleaders, hands a picture to a family member at an autograph session held at Nimitz Park after holding a cheerleading camp. The Miami Dolphins Cheerleaders finished up a two week promotional tour visiting military bases all over Japan. (Official U.S. Navy Photo by PHAN Marvin E. Thompson Jr.) See more on Pg. 8

New USFJ/5AF Commander takes helm

Eric Hilliard
5AF Public Affairs

This is the first of a two-part article. See Part 2 of this article in next week's edition of Soundings.

On Feb. 10, U.S. Forces Japan (USFJ) and 5th Air Force welcomed a new commander, Lt. Gen. Bruce A. Wright.

Wright becomes the 21st general officer to hold the title of USFJ commander and the 34th general officer to command HQ 5th Air Force. In the change of command ceremony in which the former vice commander of Air Combat Command became the ranking officer for all Japan-based U.S. military forces, Wright said being back in Japan feels more like a homecoming.

"It's good to be back," he said. His previous tours in Japan include assignments as the commander of Misawa Air Base's 35th Fighter Wing, the director of operations for USFJ at Yokota Air Base, and an F-4 instructor pilot at

Kadena Air Base.

After the ceremony, Gen Wright took some time out to interview with the news media and talk about what the men and women of USFJ and 5th Air Force should expect from their new commander. First and foremost, the commander said, "I want you to know that it is an honor to serve with you and it is an honor to lead you—the forces of US Forces Japan and

levels of professionalism 24 hours a day," Wright said. "Our values define who we are; they underpin everything that we do and everything we are able to do and bring to the mission here in Japan."

When asked how his experiences in Air Combat Command helped prepare him for his new job in the Pacific, Wright explained, "ACC is the lead command in the Air Force for our combat air forces.

For the past three years, ACC has supported PACAF and PACOM and the deployment of forces — in particular, air forces. That has been a big part of what I have been doing over the past three years," he said. "I have been involved with the modernization of our

forces to include programs like the F/A-22, supporting joint operations in Afghanistan and Iraq, and other combat readiness initiatives that have come across my desk.

I believe that experience gives me a unique perspective on what's possible and we can and should be doing here in Japan and the Pacific region in support of PACOM and PACAF."

"I expect absolute commitment to joint and bilateral combat readiness and an unwavering commitment to the highest levels of professionalism 24 hours a day."

-Lt. Gen. Bruce A. Wright
USFJ and HQ 5th Air Force commander

Fifth Air Force."

Gen Wright said his priorities are people, commitment to professionalism and combat readiness, and explained how each factor has an impact on the others. "My philosophy is if we put our people first, then all else will get done, and done well," he said.

"I expect absolute commitment to joint and bilateral combat readiness and an unwavering commitment to the highest

DoD seeks people with language skills, regional expertise

Donna Miles
American Forces Press Service

If you speak a foreign language or have the desire and aptitude to learn one, Uncle Sam wants you.

The Defense Department (DoD) is on the lookout for people with language skills to support not only current operations, but future ones as well, according to Gail McGinn, deputy undersecretary of defense for plans.

And just as important as language skills, she said, is an understanding of other countries' geographies, cultures and people.

The military has the greatest language and cultural expertise in four primary languages: German, French, Spanish and Russian, McGinn said during an interview with the Pentagon Channel. But when the terrorist attacks of Sept. 11, 2001, thrust the United States into the war on terrorism, the department simply didn't have enough linguists fluent in Arabic or in Dari and Pashtu, the languages of

Afghanistan, she said. Similarly, she said, DoD has come up short on linguists for other areas of the world that have attracted increased U.S. interest during the war on terrorism.

McGinn said the revelation has been described as a "Sputnik moment." When the Soviets launched Sputnik, the first

with local citizens and their leaders.

But if more service members had language skills, the operational payoff could be tremendous, she pointed out. For example, when coalition troops were headed north toward Baghdad at the beginning of Operation Iraqi Freedom, what if the local people had information

courses" for deploying troops, and to begin training students to higher levels of proficiency.

- Received legislative authority to increase foreign language proficiency pay for military linguists from the current high of \$300 a month to a top rate of \$1,000.
- Pays stipends to college students involved in regional studies and language studies who agree to seek jobs within the U.S. national security establishment, through the National Security Education Program.

- Established the National Flagship Language Initiative, in which colleges and universities offer advanced language training in Arabic, Korean, Chinese and Russian to students who agree to work for the national security establishment.

- Initiated a pilot program within the Army encouraging Iraqi Americans to join the Individual Ready Reserve, providing a pool of Arabic linguists, ready when needed. Of more than 200 people recruited through the program, 44 have deployed to Iraq and Afghanistan and another 19 are awaiting deployment.

- Will survey members of the current force, both military and civilian, to determine who has language skills that could prove useful in current or future operations.

- Issued a white paper encouraging the United States to promote the emphasis

*Please see **Language**, Pg. 6*

"The Global war on terror made us realize that we need these capabilities, and we need people to have these skills."

*-Gail McGinn,
Deputy Secretary of Defense for plans*

man-made satellite, in 1957, the United States quickly began promoting math, science and language in its schools so it could play catch-up.

Similarly, after 9/11, the United States recognized its language deficiencies for certain parts of the world.

"The global war on terror made us realize that we need these capabilities, and we need people to have these skills," she said.

Language and cultural skills help service members interact with the local people, McGinn said. Civil affairs specialists and interpreters deployed throughout Iraq are demonstrating the value of those skills daily as they interact

they wanted to share? And what if the U.S. troops wanted to warn them about something, or to diffuse a situation?

"I think you can see, just from that set of activities, how important it is to have the ability to communicate in the language of the country that you're in," McGinn said.

To help boost language skills within the military, McGinn said, DoD has launched or plans to introduce several new initiatives:

- Increased the Defense Language Institute's budget by more than \$50 million to go toward curriculum development and improved foreign language testing, to develop more "crash

Safety Corner: Being aware of airborne foreign bodies

Charles Carr
CFAS Safety Department

Treatment of small objects on the surface of the eye

Do not rub the eye. Wash your hands carefully before touching the eye.

Pull the lower lid down gently so that its lining is visible; at the same time, have the person look up.

If the speck is on the surface of the lower lid, lift it off carefully with a slightly moistened cotton swab or the corner of a clean handkerchief or tissue.

If the speck is not on the lower lid, gently grasp the lashes of the upper lid between the thumb and forefinger and draw the upper lid out and down over the lower one. The resulting tears may flush out a particle adhering to the upper lid.

If the object has not drifted to the corner of the eye, lift the upper lid and have the person look down. If the object appears on the inner surface of the upper lid, carefully remove it with a moistened cotton swab or the corner of a clean handkerchief or tissue.

Flush the eye with lukewarm water or any ophthalmic irrigating solution. If tearing and pain persist, or if vision does not clear, tape a loosely fitting patch over the eye and see a doctor promptly, as there may be an injury such as corneal abrasion.

Treatment of large object embedded on the eye

Do not attempt to remove any foreign object that is embedded in the eyeball.

instead, cover both eyes with a sterile compress and take the person to an emergency room as quickly as possible.

If there is difficulty closing the eye because of the size of the foreign body embedded in the eye, protect the eye with a small paper cup placed over it. Tape the cup in place and cover the uninjured eye with a sterile compress. Take the person to an emergency room as soon as possible.

Treatment of foreign body in the ear
The protective structure of the outer ear prevents objects from easily entering its middle and inner parts. However, children (and some adults) often put foreign objects into the ear and occasionally bugs or other objects may accidentally enter.

Never attempt to remove a foreign object that has entered the ear canal by poking it with a match stick, bobby pin, cotton swab, or similar probe. This action may push the object in farther or cause damage to the middle-ear structure.

A soft object that is not deeply embedded and is clearly visible may be withdrawn carefully with tweezers.

For all objects that cannot be dislodged by tilting the head to the side and shaking (not hitting), see a doctor or go to an emergency room promptly.

Put oil (mineral, vegetable, or baby oil) in the ear only if a live insect becomes lodged in the ear canal. In that case, filling the ear canal with oil will suffocate the insect. Removal by a doctor will then be feasible. If there is any question about

material remaining in the ear, a doctor should see the person for a thorough exam.

Treatment of foreign body in the nose

Most foreign objects lodged in the nose are placed there by curious children or by adults who pack bits of cotton or other substances in their noses to stop bleeding. Sometimes a child will place an organic substance in a nostril and it will not be noticed until it releases an unpleasant smell.

Do not attempt to poke at an object in the nose with a toothpick, swab, or similar probe, which can drive it farther into the nose.

Do not allow the person to inhale forcefully through the nose. Have the person breathe out through the mouth.

Have the person gently blow his nose two times to see if that dislodges the object. Avoid repeated or very forceful nose blowing.

If the object is visible at the entrance to the nose and can be safely reached with tweezers, try to remove it. Do not attempt this on a child who is thrashing and uncooperative.

If these attempts at removal do not succeed, take the person to an emergency room.

Any foreign body that has been in place for several hours or days should be attended to by a doctor.

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Essex receives thanks for delivering relief supplies

JOC (SW/AW) Christina Johnson
USS Essex (LHD 2) Public Affairs

Commander, Combined Support Force 536, U.S. Marine Corps Lt. Gen. Rusty Blackman, presented USS Essex (LHD 2) Commanding Officer, Capt. J. M. van Tol, a plaque Feb. 9 in appreciation of the ship’s significant contributions and support to the victims of the Dec. 26 earthquake and tsunami.

Essex’ assets moved 5,971,000 pounds of relief supplies to devastated areas of Indonesia from Jan. 18 until Feb. 8.

Blackman is in charge of the combined support force of more than 13,000 U.S. Navy, Marine, Army, Air Force and Coast Guard service members involved in providing the continuing support of Operation Unified Assistance (OUA).

Following four months in the Persian Gulf, Essex arrived on station off the coast of Sumatra Jan. 18 to continue the OUA mission of moving water, food and other relief supplies to areas in the northern parts of Sumatra.

Essex utilized four Bahrain-based MH-53E Sea Dragons, six CH-46 Sea Knights from Okinawa, and two more MH-60S Knighthawks from USNS Niagara Falls



A Marine Corporal and a Fire Controlman Third Class pass bags of rice to fellow Sailors and Marines during a joint working party with foreign forces. Helicopter Mine Countermeasures Squadron FIFTEEN (HM-15) and Helicopter Combat Support Squadron FIVE (HC-5) have been delivering supplies daily to areas affected by the disaster. (Official U.S. Navy photo by PHAN Stephanie Johnson)

(T-AFS 3), Helicopter Combat Squadron (HC) 5 and three landing craft air cushions (LCACs) from another member of the Essex Expeditionary Strike Group, USS Fort McHenry (LSD 43), to move whatever was needed to the various areas of northern Sumatra in support of OUA.

The three-star general stated the ship had done a phenomenal job, and he was impressed with the overall work ethic and quality of the ship.

“Essex has become the ‘poster child’ for Sea-Basing and the flexibility of naval forces,” Blackman said.

“Essex’ efforts and successes are being recognized at the highest levels,” said Blackman. “Essex’ ability to conduct a short-fuse deployment to the Gulf, transition quickly to HA/DR (humanitarian assistance/disaster relief) efforts, and then go back to the Gulf to pick up our Marines is impressive,” he added.

Essex will be backloading 31st Marine Expeditionary Unit (MEU) Marines and their gear at the end of the month as the Marines finish a tour of duty in Iraq.

Essex is the flagship for Essex Expeditionary Strike Group, and both Essex and Fort McHenry (LSD 43) are forward deployed from Sasebo, Japan.

Fort McHenry medical officer recalls recent tsunami

JO3 David J. Ham
USS Fort McHenry (LSD 43) Public Affairs

As humanitarian relief efforts wind down in Southeast Asia for the crew of USS Fort McHenry (LSD 43), memories of the recent tsunamis remain vivid for one crew member.

Fort McHenry’s medical officer Lt. Erik Reaves, recalls the horrors of the sights and sounds of the Dec. 26 tsunamis that took the lives of thousands and left many homeless.

As Reaves and his wife Yvette began the holiday period Dec. 24, they flew into Bangkok, Thailand, catching a few sights. They then flew to Phuket late Dec. 25. When an earthquake briefly shook the Katahoni Hotel where they were at about 8 a.m. on the 26th, Reaves and his wife noticed subtle shaking but dismissed it.

“We were awoken abruptly at 10 a.m. with the sound of intense rushing water, tree branches and glass breaking,” Reaves said. “That was probably the fastest I jumped out of bed.”

Reaves’ first reaction as the horrors of the situation unfolded in front of him was just to watch as dirty water, debris and

an overturned car floated by. “With all sensory input, the sight was almost mesmerizing; at the same time you were fearful for your own safety and wanted to get out of there,” Reaves said.

After gaining their composure, Reaves said he and his wife quickly packed a book bag with the bare essentials: food bars, bottled water and sunscreen, then proceeded to the back of the hotel to climb a big hill to safety with other hotel patrons.

While waiting for word to return by hotel management, Reaves said he was able to tend to several bone fracture victims and an 8-year-old child who had been ill prior to what had just occurred, while Yvette consoled several scared people.

Reaves said, “We pretty much kept an eye out for another wave and anticipated being stranded much longer.” Hotel guests were then allowed back to the hotel at approximately 6 p.m. the same day.

When the Reaves and other guests returned to the hotel, they saw that the first floor sustained much damage. Much of the debris caused by the tsunami was pulled back out to sea by the regressing

waters, while the surrounding beach areas were cleared by the local Thai people, Reaves said. “There was no water or electricity, but most of these services were back up by the second day.”

As word of the tsunami reached the states, Reaves said that out of all his relatives, his mother-in-law was the most concerned for him and his wife’s safety. “My mother-in-law had been e-mailing the CO at the time to see if they heard anything on our whereabouts.” When emergency phone lines were put up at the hotel, Reaves proceeded to contact family in the states, letting them know he and his wife were all right. He then called the ship to do the same.

A few days after the tsunami hit, Reaves said he was amazed at how quickly clean-up was made by the locals who were affected by the tsunamis.

“By the end of the second day, most of the beach front and streets were completely cleared of debris. The return to normalcy is really rapid,” Reaves said.

“We are reminded what we cannot control and how awesome the power of Mother Nature can be,” Reaves said.



Fort McHenry’s Medical Officer, performing a regular checkup, witnessed the devastating destruction of the Dec. 26 tsunamis that took the lives of many Southeastern Asia locals and tourists. (Official U.S. Navy Photo by JO3 David J. Ham)

“Our prayers go out to the victims in their time of need.”

Contemplating on your next duty station?

Come visit the FFSC Welcome Aboard Video Library.

We may have information on the military installation that you have in mind.

You can check out a video for one week and learn about the military installation you want to go to in the comfort of your home.

For more information call 252-3604/3101.

NSF Diego Garcia named best base in CNFJ region

Jeffrey C. Doepp
CNFJ Public Affairs

Naval Support Facility (NSF) Diego Garcia has received the Commander U.S. Naval Forces Japan (CNFJ) nomination for the Commander in Chief’s Installation Excellence Award for fiscal year 2004, an annual competition which recognizes outstanding efforts in the operations and maintenance of U.S. military installations.

“It’s an honor to receive CNFJ’s nomination,” said Capt. Edward Martin, Naval Support Facility Diego Garcia’s

Commanding Officer. “Our selection reflects the great teamwork of the people assigned here – our active duty Sailors, our civilian employees and our contract workers. This recognition is really a validation of our motto: one island, one team, one mission.”

NSF Diego Garcia, located in the Indian Ocean hundreds of miles from the nearest land mass, will go on to compete against all other nominated Navy bases, where one Navy winner will be selected.

“Competition among the six installations in the region was fierce, but

the Diego Garcia team’s ability to excel, despite being at the end of a 10,000-mile supply chain, is what set the command apart from the rest,” said Rear Adm. Frederic R. Ruehe, Commander U.S. Naval Forces Japan.

“The men and women of Naval Support Facility Diego Garcia have succeeded brilliantly in accomplishing their mission of providing support to the fleet. To have done so on a remote coral atoll is truly remarkable.”

Please see **Garcia**...Pg. 6

The importance of professionalism, on and off duty

FLTCM (AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief

You've probably heard people say you're a Sailor 24 hours a day, seven days a week. Do you believe that? Do you agree with that? Do you act like that?

Our Navy has a reputation and it's a great one. Our reputation is one of professionalism. Our Navy leadership consistently reinforces our reputation by saying you, our people, are our greatest asset and that we do everything we can to train you and give you what you need to do your jobs. To maintain this high degree of professionalism requires all of us to look and act accordingly.

Sailors that served before you were professionals who fought for more benefits, better technology, better pay, and a more professional working environment. Those Sailors wore their uniforms proudly and represented our Navy in our communities. Twenty years from now, the same should be said about you and your generation of Sailors. My question to you is, are you doing everything you can to further the image of our organization by serving as a professional, on and off duty, in and out of uniform? Are you a true ambassador of our Navy?

Let me tell you what I think about first impressions. H. Jackson Brown once said, "You never get a second chance to make a good first impression." What a great statement. What many of you may not realize is that you make first impressions all day long, every day of your

life. Almost every day we encounter people we have never met. Each time we have the ability to make a good or bad first impression. That impression matters and I would encourage each of you to think carefully about the image you present both in and out of uniform.

First impressions are often blown because of a failure to do some simple things, like wearing your uniform properly, saluting smartly, smiling, and talking to someone with respect. All of you know what I'm talking about.

In my job as Fleet Master Chief, I am fortunate to hear from Sailors at every level of the chain of command. I hear what you say almost every day. I also see what you do and the impact you have on our Navy. What's more, I talk with the Navy's most senior leadership as well, and I hear their view on how you dress, perform and what they believe are your desires and concerns.

Let me tell you, when you dress professionally, talk professionally and carry yourself like a professional, people listen to you, regardless of rank. If you don't act like a professional or look like a

professional, people tend to pay less attention to you. This is something we all control. What kind of image do you present? Do people listen to you? Do you feel you have a voice? If not, maybe you should take a look in the mirror? Or better yet, maybe you should ask someone else

what he or she might think of your appearance and demeanor.

What others think of you as a Sailor is important. As a matter of fact, the Navy is studying whether or not we need to incorporate a new form of 360-degree professional counseling, where not only your seniors weigh in on your performance, but also your peers and your

subordinates. Many Fortune 500 companies have adopted this form of counseling because they have come to realize it's important employees receive feedback on how everyone views their performance. Personally, I like the concept. I'm not sure if or when the Navy may adopt this tool, but if they do, how do you think you'd fare? What would your boss say about you? How about your co-

workers? What about those people you lead? If you have some concerns perhaps it's time to do a self-assessment.

Gen. George S. Patton Jr. said of Soldiers in World War II, "If you can't get them to salute when they should and wear the clothes you tell them to wear, how are you going to get them to die for their country?" I know this statement sounds rather harsh, but never forget we are Sea Warriors and our primary mission is defending our nation - taking the fight to the enemy.

Gen. Patton was a leader who demanded excellence in his people — all his people. He also expected his leaders to correct problems without hesitation. "...Officers who fail to perform their duty by correcting small violations and in enforcing proper conduct are incapable of leading."

Gen. Patton was frank and to the point. If you had to appear before Gen. Patton today, right now, as you read this, and you were the only Sailor he was to come in contact with, what do you think his impression of the Navy would be? Would he say the Navy has professional looking Sailors or would he think otherwise?

Keep in mind we are all on display. We never escape scrutiny and we should always remember that our behavior, on and off duty, as well as our appearance, either improves or detracts from the Navy's overall image. I would urge every one of you to consider this each time you put on your uniform, or put on your civilian clothes. You are a professional Sailor, make sure you dress and act like one.



Atlantic Fleet Master Chief

Accurate education, training data key to promotion opportunities

Ensign Myers Vasquez

Naval Education and Training Command Public Affairs

With the increasing emphasis on education and training for promotion in today's Navy, Sailors now have a more streamlined process for reviewing the accuracy of their records.

Instead of having to do extensive records searches for education and training accomplishments, Sailors can log into Navy Knowledge Online (NKO) to review their Electronic Training Jacket (ETJ) and Sailor/Marine American Council on Education Registry Transcript (SMART) transcript.

This information is available 24 hours a day from any computer with Internet access.

"It's evident from the changes going on in today's Navy, as we transform Sailors into Sea Warriors, that an enlisted Sailor will need to work smarter, not necessarily harder," said Senior Chief Electronics Technician William McKeithen, the Naval Education and Training Command's (NETC) Enlisted Information Systems Operations certificate program manager. "An education is going to allow Sailors to take greater leadership and responsibility roles, and to move up the ranks. These 'Sea Warriors' will be better trained and educated than ever before."

Both the SMART and ETJ can be accessed through the NKO homepage. Sailors should follow the

instructions for logging in; proceed to the homepage; click on the education link under the resources group; then, chose between the ETJ or SMART links.

McKeithen, who has participated in numerous senior chief and master chief promotion boards, said that boards look at an individual's Evaluations and Fitness Reports, noting supervisory, managerial and leadership skills, as well as various qualifications depending on the individual's rate, rank and job.

"Traditionally, education level has been a tiebreaker for enlisted ranks; in the officer ranks, it can make or break advancement chances since more billeted positions are currently tied to various degree levels," said McKeithen.

"In past years, most of the members' education and training records were kept only in their service record, but more and more of this documentation can be found online, as well as in their service records," said McKeithen. "Individual Sailors must ensure their records are as up to date as possible."

"Not properly documenting training that is key to qualifications for the next higher paygrade could have an adverse affect on selection," said NETC Force Master Chief (FORCM) Michael J. McCalip. "That information needs to get into a Sailor's record in a timely manner. Sailors should regularly review their SMART and ETJ, not only for promotion reasons, but for

academic standing and to ensure that credits earned through college or Navy training have been posted. This also makes that information readily available for submission to any packages or special programs that may come up."

The ETJ and SMART integrate many different official Navy training databases, and allow Sailors and Marines to access their complete training and education records.

Sailors can view and print all information on their individual training and education accomplishments, advancement status, and qualifications and certifications.

SMART provides American Council on Education (ACE) recommended college credit for military occupational experience and training.

All enlisted and officer, active-duty and reserve Sailors and Marines are eligible to have access and have a SMART generated online. Sailors who separated or retired from active duty on or after Jan. 1, 1975, and Marines who separated or retired from active duty on or after Jan. 1, 1990, are also eligible to have a SMART generated online.

Once a SMART is generated, an individual can print an unofficial personal copy for degree planning purposes. An official copy can be sent directly to the college or university of choice by completing the online SMART request form, printing it, and mailing or faxing it to the address on the form.

For more information on Navy education and training or to review your ETJ or SMART, service members can log into Navy Knowledge Online at nko.navy.mil.

For more information on the Naval Education and Training Command, visit www.netc.navy.mil.



Authorized patrons are welcome to enjoy live comedy with Toby Hixx and Olivia Allen-Arrington on Tuesday, Feb. 22 at Galaxies. The free performance is scheduled to begin promptly at 8 p.m. For more information, call 252-2980.

All SOFA-sponsored spouses are invited to join a newly formed Spouse Bowling League at the Spare Time Recreation Center every Wednesday morning from 10 a.m. until noon starting Wednesday, March 2, running for 8 weeks. The cost, including 3 games of bowling and shoe rental, is only \$10 per week per bowler. The Bowling Center staff will be responsible for all secretarial duties and will administer the league, although a committee of bowling participants will be selected to manage prize distribution and plan and coordinate the league banquet. Parents are welcome to bring along their children during league play. For more information, call 252-3634.

Remember, Nimitz Park will be closed to vehicle traffic until Monday, March 21, 2005 in order to pave all roads and parking areas in the park. The park will remain open to pedestrian traffic. For more information, call 252-3472.


Teens 13-17 have a chance to sing to their hearts content for free during Karaoke Night, Friday, Feb. 25, from 6 to 10 p.m. at either the Main Base or Hario Teen Centers. For more information, call 252-3797.

Make your reservations now for the Miyazaki Ocean Dome Overnight Trip arranged by the Travel & Tours Office for Friday and Saturday, Feb. 25 and 26. Known as the world's largest indoor water park, the Miyazaki Ocean Dome is perfectly suited for fun in the water. Cost, including transportation, escort, hotel (including breakfast) and a two-day passport to the Ocean Dome is \$125 for adults, \$75 for children 6 to 12 and \$25 for youngsters 5 and under. For more information, call 252-3433.

Teens 13-17 or currently enrolled in grades seven through 12 are invited to attend a free Movie Night on Friday, Feb. 26 from 6 to 10 p.m. at either the Main Base or Hario Teen Center. Teens can request any available G, PG or PG-13 rated movie prior to viewing day. Teens who were born during the month of February can celebrate their birthday with friends at either the Main Base or Hario Teen Center on Saturday, February 26 from 5 to 7 p.m. Free cake and ice cream will be served. For more information about Movie Night or Birthday Party events, call 252-3797 or 252-8966.

Travel & Tours has scheduled an 'Adults Only Special' Kyoto City Four-Day Getaway Tour Wednesday through Saturday, March 23-26. Cost is \$100 per person, including transportation and all entrance fees (hotel and meals are not included). You'll stay at a Holiday Inn hotel for three nights and over the next few days you'll visit the Golden Pavilion (Kinkaku Ji Temple), Nijo Castle, the Heian Shrine, Kiyomizu Temple, To-ji Temple, Sanjyu-sengen-do Temple, the Tenryuji Temple, Jojakkoji Temple, Sagano Bamboo Grove, Togtsu Bridge and many other exciting places in the area. Be sure to bring yen and dress for the weather. Holiday Inn accepts major credit cards. For more information, call 252-3433.

Today U.S. Fleet Activities Sasebo's Ordnance Department, located at both Maebata and Harioshima, is the Western Pacific's largest naval ordnance facility and the third largest in the Navy.



Schedule for February 18-27

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie schedule is
subject to change
without notice.

FRIDAY, FEBRUARY 18	SATURDAY, FEBRUARY 19	SUNDAY, FEBRUARY 20	MONDAY, FEBRUARY 21	TUESDAY, FEBRUARY 22	WEDNESDAY, FEBRUARY 23	THURSDAY, FEBRUARY 24	FRIDAY, FEBRUARY 25	SATURDAY, FEBRUARY 26	SUNDAY, FEBRUARY 27
5 p.m. (PG) Fat Albert	2 p.m. (PG) Shark Tale	2 p.m. (PG) Lemony Snicket's: A Series of Unfortunate Events	6 p.m. (PG-13) The Flight of the Phoenix	6 p.m. (PG-13) Meet the Fockers	6 p.m. (PG-13) Ocean's Twelve	6 p.m. (PG-13) The Flight of the Phoenix	5 p.m. (PG-13) Meet the Fockers	2 p.m. (PG) Fat Albert	2 p.m. (PG-13) Meet the Fockers
7 p.m. (PG-13) Spanglish	5 p.m. (PG-13) Meet the Fockers	5:30 p.m. (PG-13) Ocean's Twelve	8:30 p.m. (PG-13) Ocean's Twelve	8:30 p.m. (PG-13) Spanglish	8:30 p.m. (PG-13) The Life Aquatic with Steve Zissou	8:30 p.m. (PG-13) Million Dollar Baby	7:30 p.m. (PG-13) *White Noise	5 p.m. (PG-13) Spanglish	5:30 p.m. (PG-13) Beyond the Sea
10 p.m. (R) *The Life Aquatic with Steve Zissou	7:30 p.m. (PG-13) Spanglish	8:30 p.m. (R) The Life Aquatic with Steve Zissou					10 p.m. (PG-13) *Beyond the Sea	7:30 p.m. (PG-13) White Noise	8:30 p.m. (PG-13) Million Dollar Baby

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, FEBRUARY 18	SATURDAY, FEBRUARY 19	SUNDAY, FEBRUARY 20	MONDAY, FEBRUARY 21	TUESDAY, FEBRUARY 22	WEDNESDAY, FEBRUARY 23	THURSDAY, FEBRUARY 24	FRIDAY, FEBRUARY 25	SATURDAY, FEBRUARY 26	SUNDAY, FEBRUARY 27
6:30 p.m. (PG) Lemony Snicket's: A Series of Unfortunate Events	2 p.m. (PG) Fat Albert	2 p.m. (PG) Shark Tale	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. (PG-13) Ocean's Twelve	6:30 p.m. (PG-13) Spanglish	2 p.m. (PG) Lemony Snicket's: A Series of Unfortunate Events	2 p.m. (PG) Fat Albert
9 p.m. (PG-13) Million Dollar Baby	6:30 p.m. (PG-13) The Flight of the Phoenix	6:30 p.m. (PG-13) The Flight of the Phoenix				No scooters, skateboards, strollers or backpacks allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. (R) The Life Aquatic with Steve Zissou	6:30 p.m. (PG-13) Million Dollar Baby	6:30 p.m. (PG-13) Spanglish
	9 p.m. (PG-13) Million Dollar Baby		* = Premiere					9 p.m. (R) The Life Aquatic with Steve Zissou	

THE LIFE AQUATIC WITH STEVE ZISSOU (R)
Starring: Bill Murray, Owen Wilson, Angelica Huston, Cuba Gooding and Willem Dafoe
 Internationally famous oceanographer Steve Zissou and his crew set sail on an expedition to hunt down the mysterious, elusive, possibly non-existent, Jaguar Shark that killed Zissou's partner during the documentary filming of their latest adventure. A young airline co-pilot (who may or may not be Zissou's son) joins them on their voyage along with a beautiful journalist assigned to write a profile of Zissou and Zissou's estranged wife and co-producer, Eleanor. They face overwhelming complications including pirates, kidnapping and bankruptcy.

SPANGLISH (PG-13)
Starring: Adam Sandler, Tea Levin, Pat Vega, Chris Leachman and Jon Hyland
 Cultures collide as Flor (a beautiful Mexican woman) and her twelve year old daughter move in with an affluent Los Angeles family. Of all the horrors Flor imagined about this new culture, she never fathomed the peril of being truly embraced by an upscale American family.

BEYOND THE SEA (PG-13)
Starring: Kevin Spacey, Kate Winslet, John Goodman, Bob Hoskins and Brenda Blethyn
 This movie tells you the biography of singer Bobby Darin, singer of pop hits like "Splish Splash." He then moved on to performing jazz standards with the gigantic hit "Mack the Knife."


MILLION DOLLAR BABY (PG-13)
Starring: Hilary Swank, Clint Eastwood, Morgan Freeman, Jay Baruchel and Christine Cory
 In the wake of a painful estrangement from his daughter, boxing trainer Frankie Dunn has been unwilling to let himself get close to anyone for a very long time. . . . then Maggie Fitzgerald walks into his gym. In a life of constant struggle, Maggie's gotten herself this far on raw talent, unshakable focus and a tremendous force of will. But more than anything, she wants someone to believe in her.

Premiere Feature

WHITE NOISE • PG-13

Starring: Michael Keaton, Deborah Kara Unger, Chandra West, Ian McNeice and Amber Rothwell

The unexplained death of an architect's wife shatters his existence. A man contacts him and claims to be receiving messages from his wife through Electronic Voice Phenomenon (EVP) which is the process which the dead communicate with the living through household recording devices.



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8. No smoking, drinking, or outside food or drink is permitted.
9. No cash for cash.
10. No cash for cash.

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Caring Kids raise money for tsunami victims...



Students from Ms. Ballinger's 6th grade class, also known as the Caring Kids, display the money they raised for tsunami victims. The money was raised by selling popcorn and through donations of nickels, quarters, pennies and even yen. The drive raised over \$200. The money will be sent to the Red Cross. (Photo by Beth Martin)

The classroom goes beyond the walls and doors of Sasebo Elementary School

Beth Martin and Brenda Mans
Sasebo Elementary School Correspondents

Students in grades Kindergarten-grade six that are enrolled in the Gifted Education Program at the school recently experienced evidence of this when they paid a visit to the commissary as part of a field trip. The field trip was in preparation for a unit of study concerning Economics. The visit gave the group a chance to compare grocery items and prices and they will use the data they collected to conduct a cost analysis. They will also use the experience to answer questions about shopping practices. As part of this study unit, the students will learn how to use resources to meet needs, the difference between needs and wants

and the history of money. From counting money with the younger students, to learning money management for the older ones, they will be involved in money-based activities to learn how to make, save and spend money wisely.



Sasebo Elementary students in the Gifted Education Program recently paid a visit to the commissary as part of a field trip preparing them for a study in Economics. (Photo by Beth Martin)

had afterward were the best."

Garcia, from Pg. 4

Martin explained that his command's strength lies in its operational support role. NSF Diego Garcia provides critical seaport services to Military Sealift Command ships, providing support to as many as 20 ships in its harbor. The command also runs an airfield used by Navy aircraft and U.S. Air Force bombers. He also pointed to the command's isolated geography. "We are in the middle of the Indian Ocean," Martin said. "We are, in a sense, USS Diego Garcia,

permanently at anchor and yet permanently deployed." If selected as the Navy's top base, NSF Diego Garcia will receive a host of awards, including money for its operating budget, a trophy, a congratulatory letter signed by the President and the right to fly the installation excellence flag for one year. For more information, please contact the U.S. Naval Forces Japan Public Affairs Office at: (DSN) 243-7615, commercial (046) 822-7579, or visit our websites at: <www.cnfj.navy.mil> and <www.kanji.cnfj.navy.mil>.

Commissary up for best small store

JOSN Jeff Johnstone
CFAS Public Affairs

Quality service is the name of the game at Fleet Activities Sasebo's Defense Commissary Agency (DECA) Main Base commissary, and it shows with their nomination to compete for the Best Small Commissary Award (OCONUS).

The commissary received nomination over stores throughout Japan, Hawaii, Guam and Korea. The commissary at Fort Greely, Alaska, will compete with Main Base for the award.

"It is an honor to be nominated for this award," said Isabelito Miraflor, manager of the Main Base commissary.

"This is our first nomination, and it is a tremendous achievement," he added.

Miraflor and his staff will undergo thorough preparation as they get ready to vie for this award.

"In addition to meeting the criteria process of DECA, we have to do a complete clean up of the store," said Miraflor. "We have to submit pictures of the store's infrastructure, departments, various customer service activities and store management to DECA Region in Sacramento, CA.

According to Miraflor, the mission of the Main Base commissary is to provide top notch customer service.

"We are here to deliver the premier quality of life benefit to the armed services community," said Miraflor.

"To attain that goal, we enhance recruiting, retention and readiness by efficiently providing exceptional savings, excellent products and superior services...Every time, every place!" said Miraflor.



Language, from Pg. 2

placed on language skills nationwide. - Promoted the development of technology with language and translation software. - Is considering establishing a database in which American citizens can register their language skills or sign up for a civilian linguist reserve corps that could contribute to national language requirements as needed.

McGinn said these and other initiatives under consideration will help the United States better position itself for future military operations, wherever in the world they occur.

"We're working on a lot of those initiatives to try to...anticipate the unanticipated," she said.

She sees the new initiatives as solid first steps in changing the importance DoD places on foreign language skills.

"This is really more than just finding linguists and people with the ability to speak languages," she said. "It's a transformation in the way language is viewed in the DoD-how it is valued, how it is developed and how it is employed."

Integrating foreign language and regional expertise into the military mindset will have far-reaching implications, McGinn said, affecting "the way we conduct operations and the way we conduct ourselves in the world."

For more news from the Department of Defense, go to <www.defenselink.mil>.

For more news from around the fleet, visit <www.navy.mil>.

HOME BUSINESS

(Exp. Feb. 27) **1996 Subaru Vivio**, JCI '05. \$600, (OBO) and **1992 Toyota Sprinter**, JCI '05. \$200, (OBO). Call 252-7264.

MISCELLANEOUS

(Exp. Feb. 20) Set of two pale blue curtains. Have thicker fabric on the inside to help keep the room darker. Standard Japanese size bought at Jusco. In excellent condition. \$30 for both sets. Call 252-7264 or 090-93651408.

***Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO); or call us at 252-3890 ***

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0830-1600

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Contact: Jessica Grant at 252-3366, or by E-mail at <nmcrcs@cfas.navy.mil.

Theater Moolah Readily Available

Now you can purchase up to four different MWR Theater Moolah Gift Certificates at the Community Activities Office located at the Sailing & Outdoor Adventure Center. Moolah Gift Certificates are available for children, admission only (\$2); adults 12 years and above, admission only (\$3); a snack certificate good for a regular soda and popcorn (\$3.25); and a Combo Snack Pack gift certificate good for a soda, candy bar and popcorn (\$3). The Moolah Theater gift certificates, honored at both the Showboat and Hario Village theaters, make ideal holiday stocking stuffers or as gifts for loved ones throughout the year. They also make ideal gifts for coaches and teachers to distribute or they can be used as party gifts. Theater

Moolah gift certificates are good for six months from date of purchase. For more information, call 252-3320.

Get in Shape, Stay in Shape

You can start taking off those extra pounds and get in shape by participating in one or more of the free group exercise classes offered weekly at the Spare Time Recreation Center Aerobics Room. Turbo Kickboxing is offered there every Monday and Wednesday at 5:30 a.m., while Total Body Conditioning exercise classes are offered every Tuesday and Thursday at 8:30 a.m. You can join in the Multi-Step group exercise class on Wednesdays at 8:30 a.m. Core Strength and Conditioning exercise classes are held every Wednesday at 11:30 a.m. For more information, call 252-3588.

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Fleet Gym 252-3588

Hario Gym 252-8691

Showtime tames Wolfpack, 72-63

JOSN Jeff Johnstone
CFAS Public Affairs

Gerren Alexander scored 23 points and Dustin Kentzell pitched in 15 points as the Showtime defeated the Wolfpack, 72-63 in Intramural basketball action at the Fleet Gym Tuesday, Feb. 15.



A Showtime player attempts to lay one in off the glass as his Wolfpack opponent looks on. The Showtime topped the Wolfpack, 72-63 (Official U.S. Navy Photo by JOSN Jeff Johnstone)

The Showtime began the contest with a fast pace, pulling ahead early and refusing to surrender the lead throughout the game.

Kentzell led the Showtime in first half scoring with 11, and Steve Ghezzi had a solid game with eight points in the first half.

The Showtime led the game by as much as 20, including a 19 point lead at halftime, stifling the Pack inside the paint and

confusing them on offense with an excellent passing game and effective scoring attack.

The Wolfpack began to close the gap in the second half, pulling to within ten points, but the Showtime again picked up the pace in the second half, not allowing the Pack to get any closer to pulling out a come from behind victory.

Solid rebounding and hustle resulted in several points for the Showtime, as they were able to create numerous fast breaks by grabbing the boards.

Brothers Blair and Blake Bowden controlled the tempo throughout at the guard position, keeping the game at a quick pace and knocking the Pack off their game, as well as providing excellent defense against the Pack. Blair finished the game with 12 points, while Blake finished with eight.

The Showtime improved their record to 11-4 for the season and hold a half game lead over the Outlaws in the division. The Wolfpack drop to an even 4-4 with the loss.

A cheerful and spirited visit...



The Miami Dolphins Cheerleaders hold a cheerleading camp at Nimitz Park for military family members. The cheerleaders finished up a two week promotional tour visiting military bases all over Japan. (Official U.S. Navy Photo by PHAN Marvin Thompson Jr.)

Fitness Tip: Persistence is the key to fitness

Alec Culpepper
Fitness and Aquatics Director

What is the best exercise for weight loss? Although some exercises burn more calories per minute, and some burn a higher percentage of calories from fat, the best exercise for weight control and overall health is exercise performed consistently.

Set Realistic Goals: Goal setting is critical in finding the right exercise program for you. Is your desired outcome weight loss? Fitness improvement? Stress reduction? Set realistic goals, and then build a program to reach them.

Track Your Progress: Keeping a written record of your exercise provides positive reinforcement for those times when you are being consistent, and gentle encouragement when you are skipping workouts.

Build a Support System: Identify people who can help you maintain your commitment to exercise. For example, exercise partners can be powerful motivational supporters. It also is critical to find people who can

help make it easier to build exercise into your life.

Periodically Reassess: Your exercise goals may change with time. The key is focusing upon desired outcomes. Having purpose in your workouts will help you make them a priority. Also, use reassessment to determine whether your workouts are effective.

Have Fun: Exercising regularly requires commitment and determination, but that does not mean it has to be drudgery! Joining a recreational league or a new club may be the boost you need to keep exercising.

Monitor Eating: Exercise will burn calories, but it will only result in weight loss if you are burning more calories that you are eating.

Establishing a modest caloric deficit, resulting in a 1 to 2 lb. loss per week, is the recommended approach to achieving a healthy weight.

Use these tips as you attempt to stay active and maintain a healthy weight. Find what works for you, and you will be much more likely to stick with it. Remember, persistence is the key!

Upcoming Sports/Events

Floor Hockey Tournament:

Play begins Saturday, Feb. 19 in Fleet Fitness Center. Team entries will be due to the Fleet Gym Office by Thursday, Feb. 17. Mandatory Coaches Meeting on Friday, Feb. 18 at 5:30 p.m. in the Sports Office. Awards will go to top three teams. For more information, call 252-3588

Presidents' Cup Golf Tournament:

Monday, Feb. 21. Event will be held at Mikawachi Golf Course. A registration fee of \$5 is needed, and spots are limited so sign up as early as possible to reserve a spot. Tee times must be secured by Thursday, Feb. 17. For more information, call 252-3588

"It Takes Two" Doubles Racquetball Tourney: Captain's Cup

Play begins Tuesday, Feb. 22 at 5:30 p.m. Team entries due to the Fleet Gym Office by Wednesday, Feb. 16. In this double elimination tournament teammates must be from the same command. This is a Captain's Cup Event. Awards will be given to the top three teams. For more information, call 252-3588

Midnight Madness Basketball Tourney:

Friday, Feb. 25
Tourney will be held at 8 p.m. in the Fleet Fitness Center. Teams can register up to the time of the event. For more information call, 252-3588

Sasebo Scoreboard

Winter Basketball Standings (as of Feb. 17, 2005)

Rank	Team	Win	Loss
1	Showtime	11	4
2	Outlaws	10	4
3	Wolfpack	4	4
4	Guardian	1	6

Flag Football Standings (as of Feb. 17, 2005)

Rank	Team	Win	Loss
1	Dragons	18	1
2	Hooligans	7	9
3	Guardian	6	4
4	Wolf Pack	4	5